

DAY/DATE: MONDAY/NOVEMBER 5, 2012

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1 TO EN-2	<p>Swim or pull this set. Build your pace on the way up, maintain your pace on the way down.</p> <ul style="list-style-type: none">• 100 @ 1:40 or r=10<ul style="list-style-type: none">• 200 @ 3:20 or r=20<ul style="list-style-type: none">• 400 @ 6:40 or r=40<ul style="list-style-type: none">• 800 @ 13:20 or r=100<ul style="list-style-type: none">• 400 @ 6:40 or r=40<ul style="list-style-type: none">• 200 @ 3:20 or r=20<ul style="list-style-type: none">• 100 @ 1:40 or r=10
REC	8 x 25 [25 scull with kick/25 swim] @ r=5

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/NOVEMBER 6, 2012

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 8 x 25 kick @ r=5 <ul style="list-style-type: none">• 2 each stroke 4 x 50 kick @ r=10 <ul style="list-style-type: none">• 1 each stroke
EN-1	12 x 25 @ 45 <ul style="list-style-type: none">• 2 x 25 drill/1 x 25 swim• IM order
EN-2	<ul style="list-style-type: none">• 1 x 200 pull [moderate pace] @ 4:00• 1 x 300 back@ 6:30<ul style="list-style-type: none">• 3 x [50 kick/50 swim]• 1 x 200 pull [moderate pace] @ 4:00• 2 x 150 breast @ 3:30<ul style="list-style-type: none">• 50 drill/50 swim/50 drill• 1 x 200 pull [moderate pace]@ 4:00• 12 x 25 fly @ 45<ul style="list-style-type: none">• 25 drill/25 swim
REC	100 choice

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/NOV. 7, 2012

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 choice
EN-1	12 x 50 pull @ 55 or r=10 <ul style="list-style-type: none">• breathe 3/5 by 25's
EN-1 TO EN-2	<ul style="list-style-type: none">• 3 x 300 swim @ 5:15 or r=30<ul style="list-style-type: none">• descend times 1-3• 3 x 200 swim @ 3:30 or r=20<ul style="list-style-type: none">• descend times 1-3• 3 x 100 swim @ 1:45 or r=15<ul style="list-style-type: none">• descend times 1-3
REC	200 choice

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/NOVEMBER 8, 2012

FOCUS: STROKE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 200 kick 200 pull
EN-1	8 x 25 drill @ r=10 • 2 of each stroke
EN-2	3 x through [one stroke per round]: • 75 drill or kick @ 1:45 or r=15 • 50 drill or kick/25 swim @ 1:45 or r=15 • 25 drill or kick/50 swim @ 1:45 or r=15 • 75 swim @ 1:45 or r=20
EN-1	6 x 50 pull @ 1:10 or r=15 • 25 breast/25 free
EN-2	12 x 25 swim @ 45 or r=15 • 100 IM order
REC	200 choice

TOTAL: 2500 METERS

DAY/DATE: FRIDAY/NOVEMBER 9, 2012

FOCUS: SPRINT FREE/SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	500 swim
EN-1	4 x 75 @ 1:45 or r=15 <ul style="list-style-type: none">• 25 kick/25 drill/25 swim
EN-2 TO EN-3	<ul style="list-style-type: none">• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">• 70% effort• 4 x 25 swim @ 30 or r=5<ul style="list-style-type: none">• 90% effort• 1 x 200 swim @ 4:00 or r=45<ul style="list-style-type: none">• 70% effort• 4 x 25 swim @ 35 or r=10<ul style="list-style-type: none">• 90% effort• 1 x 400 pull @ 7:30 or r=60<ul style="list-style-type: none">• 70% effort• 4 x 25 swim @ 40 or r=15<ul style="list-style-type: none">• 90% effort• 1 x 200 swim @ 4:00 or r=45<ul style="list-style-type: none">• 70% effort• 4 x 25 swim @ 45 or r=20<ul style="list-style-type: none">• 90% effort• 1 x 100 swim @ 2:00 or r=30<ul style="list-style-type: none">• 70% effort
REC	4 x [25 scull/25 glide stroke/25 pull]

TOTAL: 2500 METERS